

LIVE HEALTHY SUNNYBROOK: 100 Day WELLness Challenge!!

January 14-April 23, 2010 *Change Your Choices. Change Your LIFE*

WELLness Ministry Mission: “To Daily Honor God with my Whole Self (Body, Mind, and Spirit) as a “Living Sacrifice”, a Temple that is Holy and Pleasing to God. We do this to be the hands and feet of Jesus within my family, Sunnybrook Community Church, in my workplace, across Siouxsland, and the World.”

What is Live Healthy Iowa “Sunnybrook” (LHI)? Live Healthy Iowa/ Sunnybrook is a FUN, team-based “100 Day WELLness Challenge” designed to promote the healthy lifestyle habits of daily physical activity and healthy eating habits. LHI is a state wide program that started in 2002 by the Iowa Sports Foundation and is locally sponsored by the Iowa Health System (St. Luke’s is the local affiliate hospital), Hy-Vee, Iowa Dept of Public Health, ISU Extension and others. In 2009, Sunnybrook Community Church had 7 teams and 49 people involved who lost 174 pounds with a percentage of body weight lost average of 2.44%, and a team average of physical activity minutes of 384 hours and 34 minutes. The team champions for % weight loss were Rod’s Hot Bods with a 5.22% average and Team champions for Minutes of physical activity average was The Freiberg 5!!

Who Should Get Involved? Live Healthy Iowa/ Sunnybrook 2010 will help LIFEgroups (Sunnybrook small groups), families, or individuals within Sunnybrook Community Church **JUMP START** their healthy lifestyle habits to help you meet and stay accountable to your New Year’s Resolutions for 2010! To be successful it is important to ASK Jesus for direction, and self control in this transformational process. If your goals are to lose weight, build muscle and tone your body, improve your energy level and quality of LIFE, then this is the team based wellness challenge for you. This will help adults of all ages to feel better, look better, and live longer, healthier lives and allow you to serve God with your whole self (Body, Mind and Spirit) daily as a “living sacrifice”.

WHEN: The “100 Day WELLness Challenge” runs from January 14th to April 23rd, 2010

Here's How To Get Involved in Live Healthy Iowa/ Sunnybrook 2010:

1. Put together a Team of 5-10 people from your Sunnybrook LIFE group (small group), family, or friends from Sunnybrook Community Church, or your neighborhood, or workplace. You must be at least 13 years old to take part in this wellness challenge.
2. Select a Team Captain, choose a team name, gather each team members valid e-mail address and T-shirt sizes.
3. Your team captain will register your team online at www.livehealthyiowa.org between December 15th 2009 and January 13th 2010. Registration is only \$20 per participant with FREE shipping OR \$15 with Hy-Vee discount promotional code. **To receive a \$5 discount per team member, enter the promotional code LH813132 into the promotional code box.** This code is only valid for the first 30,000 registrants and is provided by Hy-Vee Food Stores.
4. Team Captains turn your team’s registration money into the Sunnybrook Community Church office as soon as you can. **Make checks out to “Sunnybrook Community Church” and in the memo line of the check write “Live Healthy Iowa/ Sunnybrook”.** Thank you!!

REMEMBER: Use the Group ID “LHISUNNYBROOK” when registering online. Your team may compete in one or both divisions for this 100 day wellness challenge (see options below);

1. Weight Loss Division. This competition is based on the total % weight loss average by the team. Honor weight will be submitted and reported online weekly, (typically each Friday of the 100 day wellness challenge) at your personal dashboard that will be setup at www.livehealthyiowa.org with your personal username (email address) and password.

2. Minutes of Physical Activity Division. Each team member records their weekly minutes of physical activity and/ or exercise, that is outside of their normal work/ daily activities (such as exercise time, walking, scooping snow, work projects around the house, mowing your lawn, taking the stairs instead of the elevator, cleaning the house, etc.), and this number of physical activity minutes is also recorded online each Friday.

5. (Last Step) Attend a “Know Your Numbers” session at Sunnybrook Community Church behind the Information Desk on any of the following 3 dates; Saturday January 9th from 9 am to Noon, or Sunday Jan 10th between the services or Wednesday January 13th from 5 to 7 pm to determine your weight, blood pressure, body composition (fat vs. muscle) and inches (waist, hips, thighs, chest and bicep).

What Is In It For Me? For Only \$20 (\$15 per person with the Hy-Vee promotional code noted above) You will Receive

- Live Healthy Iowa T-Shirts for each team member. These shirts will be sent to the Team Captain's home address starting in February, 2010.
- Personal tracking log for nutrition, and physical activity online at LHI website from your very own personal Dashboard.
- You will receive a One year's FREE subscription to a health/ fitness magazine such as;** Fitness magazine, Men's Journal, Heart-Healthy Living, Ladies Home Journal, Parents, Motor Trend and others.
- Chances to win individual and team incentive prizes from LHI and Sunnybrook Community Church (See below how prices will be determined).**
- Access to online health tools such as; Healthy recipes, Fitness plans, Workout videos, Event calendar, Community, and Healthy Lifestyle section and more.
- Weekly physical activity, nutrition and recipe tips via e-mail each Thursday of the 100 day wellness challenge.
- Team Leaderboard where you can follow and track where your team ranks within Sunnybrook Community Church, Sioux City, Woodbury County and across Iowa during the LHI 100 day challenge.

Sunnybrook Community Church at Day 100 will award Team and Individual incentive prizes for the **top team** with the highest percentage of weight loss average and the team that logs the highest number of physical activity minutes/ hours average. Teams must have between 5 to 10 people to be able to win the team incentive awards and each member of your team must be at least 13 years old.

We will also award individual incentives to the top individual leaders (male and female) in the following categories; 1) Male and Female with the Highest percentage of weight loss, 2) Male and Female with the Highest number of physical activity minutes, 3) Male and Female with the most muscle gained, and 4) Male and Female with the most inches of fat lost.

NOTE: To win most muscle gained and most inches of fat lost incentives you **MUST** attend the beginning and final “Know Your Numbers” sessions at Sunnybrook Community Church.

Call or email Live Healthy Iowa at 888-777-8881 or info@livehealthyiowa.org for more information and to answer your questions, **or to get your questions answered Regarding Live Healthy Iowa/ Sunnybrook, contact Erik Nieuwenhuis** at 712-293-1625 or ErikNie@msn.com

Let's Encourage and Challenge Each Other Daily to “LIVE Healthy Sunnybrook” in 2010, and for LIFE so that WE can be the hands and feet of Jesus across Siouxland, within our Families and Workplaces and across the World!!